



READY TO START TOILET TRAINING?



Let's do this – you are the coach!

Before starting

- Decide whether you will use a toilet or potty (either is fine).
- Read and/or talk about toileting with your child.
- Teach your child some words you will use for toileting.
- Have the right stuff like a footstool for the child to rest their feet on and maybe a smaller inner toilet seat.

Consistency

- “Keep going”.
- Try to continue with the same toilet training at home/daycare/kindy and in other people’s homes.
- Make a plan with your child’s daycare or kindy.

Make sure your child

- Drinks lots of water.
- Eats lots of fresh fruit and vegetables.
- Keeps active.

Rewards

- Give your child lots of praise – even for just sitting on the toilet.
- Star/sticker charts may help your child with their toilet training.

Timing

- Take your child to the toilet regularly say 1–2 hourly and especially 20 minutes after eating or drinking.
- Look for signs that they may need to use the toilet like hiding behind the couch or jiggling.

Clothing

- Be brave – stop using nappies (except for sleep times).
- Some parents use pulls ups in the beginning then move to undies.
- Dress your child in clothes they can easily put on and take off like track pants.

Hygiene

- Teach your child to wipe their bottom.
- Teach your child how to wash and dry their hands properly.

Make sure your child

- Has a healthy bowel and bladder – this means they can wee and poo without pain. If you are worried see your GP team.

Things to think about for children with additional health and/or learning needs

- The toilet training process is the same but it may take longer.
- If you need help talk to your child’s health care team.
- These resources might also be helpful:
 - Toms toilet triumph: www.youtube.com
 - ERIC (Education and Resources for Improving Childhood Continence): www.eric.org.uk
 - ERIC’s Guide to Children with Additional Needs
 - Toilet Training for Children with Autism Spectrum: Continence NZ www.continence.org.nz



Troubleshooting – when things don't go to plan

My child was using the toilet – now they are wetting and soiling again?

- This is common – especially if there are any changes in your child's life, for example a new baby, moving house, starting daycare. It should settle with time.
- Keep reminding them to go to the toilet.
- Restart toilet training – it has worked before it should work again!

What if my child is scared of the toilet? Some ways to help...

- You can sit them on the toilet with their clothes on to start with – to increase their confidence.
- You could put toilet paper into the toilet before they use it – this reduces the risk of splash.
- You can use a foot stool to help the child to feel stable on the toilet.
- You can use a smaller inner child's toilet seat so they don't feel like they are going to fall into the toilet.
- Talk to your child about the flushing noise, if they are scared you can flush the toilet when the child is out of the room.

***Give the child lots of praise.
Keep positive.***



Where can I get more help?

- * Your Well Child Tamariki Ora Provider
 - * Plunketline Freephone 0800 933 922
 - * Your General Practitioner/Nurse Practitioner/Practice Nurse
 - * Public Health Team
 - * Your Early Childhood Education Centre
- or go to www.midcentraldhb.govt.nz and search "toilet training"